

Work Place Posture/Ergonomics Information Hand-Out

PARKSIDE GROUP PRACTICE

Good work place posture is essential to the health of your neck and back. Maintaining poor posture for long hours is likely to be a contributing factor to your pain. If your neck or back pain has become chronic, try making some important work changes to allow your body to recover.



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1. The top 1/3rd of the screen should be at eye level.
2. An adjustable ergonomic chair will help maintain good posture.
3. Knee and hip angle at 90 degrees.
4. Ensure the chair is the correct height, with knees able to slide under the table.
5. Elbows at 90 degrees.
6. Use a document holder to prevent repetitive neck bending.
7. Use a hands-free telephone headset.

Other Work Tips:

1. Get up and move every 30 minutes.
2. Reduce stress if possible.
3. Relax, try not to hold yourself too tense.
4. If you are sitting all day, exercise at least 3-5x per week for 30 minutes.

Working With Laptops:



- Avoid Regular laptop use.
- Plug in a keyboard and mouse.
- Always use a laptop raiser.
- Maintain good neck posture, do not look down repeatedly.
- Never sit on the sofa or lie in bed and use a laptop – put it on a table.

Wrist Supports:

- Wrist supports can help for elbow, wrist and thumb pain.
- Use with a mouse or keyboard, or both.
- Useful for tennis elbow, carpal tunnel syndrome and tendonitis.



General Work Exercises:

